

# DISCOVER ACS

"THE ARMY'S WORLDWIDE CONNECTION TO FAMILY READINESS"

Education • Opportunity • Discovery

2004 Newsletter and January/February/March Calendar

## FT Carson AFTB Volunteer honored by President Bush

(Compiled by Beth Lawson AFTB Volunteer)

President George W. Bush visited Fort Carson on Nov. 24, 2003, his official greeter was Army Family Team Building (AFTB) Master Trainer, Diane Campbell. Upon meeting the President, Diane shook his hand and stated, "We at Fort Carson support you, and many of us are praying for you." Her comment was met with a warm smile. President Bush addressed more than 6,000 federal employees, soldiers and family members. While speaking to this very excited crowd the President mentioned how honored he was to be in the presence of so many great citizens who proudly wear a U.S. military uniform. During his visit the President met with military families who had lost loved ones in the war. To date, there are 30 people from Fort Carson that have lost their lives in the fight for freedom.

"The reason I bring up Diane Campbell is, often-times, people measure the strength of America based on the number of tanks and airplanes we have, or the size of our wallets. No, the strength of America lies in the hearts and souls of our citizens," Bush explained. He went on to say that people like Diane provide training and information to military spouses and families to help them adjust to military life. He said they are the ones who reach out and answer the call to love a neighbor.

"The true strength of America is the American people because we're a compassionate, decent, caring, loving people. I want to thank Diane and all the Army Family Team Building members for your service. I ask you all to reach out a hand to somebody who hurts. I ask you to help us change our country one lonely soul at a time," President Bush said.

The unexpected AFTB recognition from President Bush was met with cheers and shouts as well as a feeling of great pride knowing that our President put such a great emphasis on the support services AFTB provides. In conclusion we will end with the same words our president did, "God bless you all. God bless America."



## Reunion Briefings

**8, 15 & 22 Jan; 5, 12 & 19 Feb; 4, 11 & 18 March; 10-11:30am and 6-7:30pm**

Reunion briefings can also be scheduled for specific units or FRGs by contacting your Unit Service Coordinator (USC) at 526-4590. Reunion classes for soldiers are held on Mondays from 1-2:30pm and are taught by the chaplains.



The Latest With Judy



Judith M. Woolley, Director  
Community & Family Readiness

## ACS Opportunities & Special Events

2004 is finally here, start this year with achieving new goals that will improve your lifestyle and your finances. Our Employment Readiness Program is offering FREE resume development classes every Monday and Friday from 10:30-11:30am; if you're looking to better your current job status or transitioning out of the military, this class is for you.

Are you trying to figure out how to bring down your debt (especially after the holidays)? Start attending our Money Trouble Solutions Workshops; February 12th, "Retirement Catch-up" and March 11th, "FICO Scores, not just another 4 letter word: know what your credit score is and how it affects you." Both classes are provided to you FREE and are offered by your Financial Readiness Program.



Always remember Army Community Service is here to serve you. Call us with any questions you may have at 526-4590 and remember to visit us online at [www.carson.army.mil](http://www.carson.army.mil).

# JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>English as a Second Language (ESL/Adult)</b>  Tuesdays & Thursdays, 9am to Noon  ACS FAMILY READINESS CENTER, BLDG. 1526  Registration and testing required before initial class attendance.  FREE CHILDCARE AVAILABLE. PRIOR REGISTRATION REQUIRED. FOR MORE INFORMATION, CONTACT RELOCATION AT 526-4590.			Reunion Brief, 10-11:30 am <b>1</b>	Playgroup, 10 am-Noon <b>2</b>
<b>5</b>	Check Book Management, 9 am-Noon Infant Massage, 10-11:30 am Nurturing Baby, 11:30 am-1 pm	Nurturing 0-5 & 5-12 Registration, 10 am-2 pm Boot Camp for Dads, 11:45 am-12:45 pm Cooperative Parenting & Divorce, 1 -2:30 pm	Carson Cares, 8 am-1 pm Reunion Brief, 10-11:30 am Breast Feeding Support Group, 1:30-3 pm Destination Korea, 1-3 pm Money Trouble Solutions "Become Totally Debt Free in 5yrs or Less!", 6-7:30 pm	Playgroup, 10 am-Noon <b>9</b>
Army Family Team Building (AFTB) Level 1, Part 1 9:30 am-2:30 pm	Infant Massage, 10-11:30 am Nurturing Baby, 11:30 am-1 pm	Army Family Team Building (AFTB) Level 1, Part 2 9:30 am-12:30 pm Nurturing 0-5, 9:30 am-12:30 pm Spanish Speaking Support Group, 10 am-Noon Boot Camp for Dads, 11:45 am-12:45 pm Cooperative Parenting & Divorce, 1-2:30 pm Nurturing 5-12, 5:30-8:30 pm	Reunion Brief, 10-11:30 am <b>13</b>	Playgroup, 10 am-Noon <b>16</b>
<b>Martin Luther King Jr. Birthday</b>  Federal Holiday -ACS Closed-	Infant Massage, 10-11:30 am Nurturing Baby, 11:30 am-1 pm	Family Readiness Group (FRG) Training, 8 am-4pm Nurturing 0-5, 9:30 am-12:30 pm Boot Camp for Dads, 11:45 am-12:45 pm Cooperative Parenting & Divorce, 1 pm-2:30 pm Nurturing 5-12, 5:30-8:30 pm	Carson Cares, 8 am-1 pm Korean Support Group, 10-11 am Breast Feeding Support Group, 1:30-3 pm Destination Germany, 6-8 pm <b>25</b>	Army Family Team Building (AFTB) Level 1 - Part 2, 8:30 am-4 pm Playgroup, 10 am-Noon <b>28</b>
Army Family Team Building (AFTB) Level 3, Part 1, 8:30 am-4:30 pm	Infant Massage, 10-11:30 am Nurturing Baby, 11:30 am-1 pm	Army Family Team Building (AFTB) Level 3, Part 1, 8:30 am-4 pm Infant Massage, 9:30-11:30 am Nurturing 0-5, 9:30 am-12:30 pm German Support Group, 10-Noon Nurturing 5-12, 5:30-8:30 pm	Mini Prevention & Relationship Enhancement Program (PREP), 9 am-3 pm <b>29</b>	Playgroup, 10 am-Noon <b>30</b>

classes, please call us at 526-4590. Prior registration is required for all classes offered.

# FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	Check Book Management, 9 am-Noon Nurturing Baby, 11:30 am-1 pm	Nurturing 0-5, 9:30 am-12:30 pm German Support Group, 10 am-Noon Boot Camp for Dads, 11:45 am-12:45 pm Cooperative Parenting & Divorce, 1-2:30 pm Nurturing 5-12, 5:30-8:30 pm	Carson Cares, 8 am-1 pm Reunion Brief, 10-11:30 am	6 Playgroup, 10 am-Noon
Army Family Team Building (AFTB) Instructor Training, 9 am-4 pm	10 Nurturing Baby, 11:30 am-1 pm	Army Family Team Building (AFTB) Instructor Training, 9 am-4 pm Nurturing 0-5, 9:30 am-12:30 pm Spanish Speaking Support Group, 10 am-Noon Boot Camp for Dads, 11:45 am-12:45 pm Cooperative Parenting & Divorce, 1-2:30 pm Nurturing 5-12, 5:30-8:30 pm	Reunion Brief, 10-11:30 am Breast Feeding Support Group, 1:30-3 pm Destination Korea, 1-3 pm Money Trouble Solutions "Retirement Catch-up", 6-7:30 pm	Army Family Team Building (AFTB) Instructor Training, 9 am-2 pm Playgroup, 10 am-Noon
<b>Victim Advocacy Program (VAP)</b>  <b>VICTIM ADVOCATES</b> <b>WORK TO IMPROVE THE</b> <b>QUALITY OF LIFE FOR</b> <b>VICTIMS OF DOMESTIC</b> <b>VIOLENCE BY</b> <b>EMPOWERING,</b> <b>EDUCATING &amp;</b> <b>SUPPORTING.</b> <b>TEL: (719) 526-4590</b> <b>PAGER 24/7</b> <b>(719) 577-3171</b>	17 Nurturing Baby, 11:30 am-1 pm	Family Readiness Group (FRG) Instructor Training, 8 am-4 pm Couple's Communication, 9 am-3 pm Nurturing 0-5, 9:30 am-12:30 pm Boot Camp for Dads, 11:45 am-12:45 pm Cooperative Parenting & Divorce, 1-2:30 pm Nurturing 5-12, 5:30-8:30 pm	19 Carson Cares, 8 am-1 pm	20 Playgroup, 10 am-Noon
	24 Nurturing Baby, 11:30 am-1 pm	Rear Detachment Training, 7:30-11:30 am Nurturing 0-5, 9:30 am-12:30 pm German Support Group, 10-Noon Cooperative Parenting & Divorce, 1-2:30 pm Nurturing 5-12, 5:30-8:30 pm	Mini Prevention & Relationship Enhancement Program (PREP), 9 am-3 pm Korean Support Group, 10-11 am Breast Feeding Support Group, 1:30-3 pm Destination Germany, 6-8 pm	27 Playgroup, 10 am-Noon
<div> <div> <div>R</div> <div>e</div> <div>a</div> <div>r</div> </div> <div>  </div> <div> <h2>Detachment Training</h2> <p><b>Wednesday, 25 February, 7:30-11:30am</b></p> <p>Designed to help prepare rear detachment personnel deployments. Topics addressed include: problem solving, community resources, financial readiness, crisis &amp; grieving and how to handle stress.</p> <p>Call now, limited spaces, 526-4590.</p> </div> </div>				

# MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Army Family Team Building (AFTB) Level II, Part 1, 8:30 am-4 pm</p>	<p>Check Book Management, 9 am-Noon Infant Massage, 10-11:30 am Nurturing Baby, 11:30 am-1 pm</p>	<p>Army Family Team Building (AFTB) Level II, Part 2, 8:30 am-4 pm Nurturing 0-5, 9:30 am-12:30 pm Boot Camp for Dads, 11:45 am-12:45 pm Cooperative Parenting &amp; Divorce, 1-2:30 pm Nurturing 5-12, 5:30-8:30 pm</p>	<p>Carson Cares, 8 am-1 pm Reunion Brief, 10-11:30 am</p>	<p>Playgroup, 10 am-Noon</p> <p>5</p>
				<p>-- 6 March -- Family Readiness Group (FRG) Training, 8 am-4 pm</p>
<p>Army Family Team Building (AFTB) Level I, Part 1, 9:30 am-2:30 pm</p>	<p>Infant Massage, 10-11:30 am Nurturing Baby, 11:30 am-1 pm</p>	<p>Army Family Team Building (AFTB) Level I, Part 2, 9:30 am-12:30 pm Nurturing 0-5, 9:30 am-12:30 pm Spanish Speaking Support Group, 10 am-Noon Boot Camp for Dads, 11:45 am-12:45 pm Cooperative Parenting &amp; Divorce, 1-2:30 pm Nurturing 5-12, 5:30-8:30 pm</p>	<p>Reunion Brief, 10-11:30 am Breast Feeding Support Group, 1:30-3 pm Destination Korea, 1-3 pm Money Trouble Solutions "FICO Scores, not just another 4 letter word: know what your credit score is how it affects you", 6-7:30 pm</p>	<p>Playgroup, 10 am-Noon</p> <p>12</p>
<p>Employment Readiness Program Seminar Series</p> <p><b>"TECHNIQUES FOR JOB SEEKERS"</b></p> <p>Thursday, 22 April 9:30-11:30 am</p> <p>-Resume Basics -Interviewing with confidence -How to handle a job offer</p> <p>For details call 526-0452.</p>		<p>Nurturing 0-5, 9:30 am-12:30 pm Boot Camp for Dads, 11:45 am-12:45 pm Cooperative Parenting &amp; Divorce, 1-2:30 pm Nurturing 5-12, 5:30-8:30 pm</p>	<p>Carson Cares, 8 am-1 pm</p> <p>18</p>	<p>Playgroup, 10 am-Noon</p> <p>19</p>
 	<p>Infant Massage, 10-11:30 am Nurturing Baby, 11:30 am-1 pm</p>	<p>Nurturing 0-5, 9:30 am-12:30 pm German Support Group, 10 am-Noon Cooperative Parenting &amp; Divorce, 1-2:30 pm Nurturing 5-12, 5:30-8:30 pm</p>	<p>Mini Prevention &amp; Relationship Enhancement Program (PREP), 9 am-3 pm Korean Support Group, 10-11 am Breast Feeding Support Group, 1:30-3 pm Destination Germany, 6-8 pm</p>	<p>Playgroup, 10 am-Noon</p> <p>26</p>
<p>29</p>	<p>Nurturing Baby, 11:30 am-1 pm</p> <p>30</p>	<p>Nurturing 0-5, 9:30 am-12:30 pm Nurturing 5-12, 5:30-8:30 pm</p>	<p><b>SNRT</b> Special Needs Resource Team</p>  <p>For details and to schedule an appointment, call 526-4590/0446.</p> <p>"Helping children reach &amp; realize their full potential!"</p>	





# MINI Prevention & Relationship Enhancement Program

In Support of the Reunion Process

**Thursday • 29 January • 9am to 3pm**  
Family University, Bldg. 1161

Childcare is available through CYS, using the FRG/Deployment free childcare. Mini-PREP (other than those scheduled) can be scheduled by contacting Nate or Jill Nugin at ACS (719) 526-4590.

Army Community Service: 8033 Model Ave., Bldg. 1526, Fort Carson, CO 80914-4106 TEL: (719) 526-4990 FAX: (719) 526-2637 TOLL FREE: 1-800-884-8766 WEB SITE: www.carson.army.mil



"An Orientation for  
Newly Arrived Spouses"



**Thursday, 8 & 22 Jan.**  
**8am to 1pm**  
The Family Connection,  
Bldg. 1354

Prior registration required.  
Call 526-1070 to reserve your  
spot. Free childcare is available by  
calling 524-0151 for reservations,  
a shot record will be required.

## Family Readiness Group

## LEADER'S TRAINING

"How to  
Effectively  
Lead & Conduct  
a FRG"

**Wednesday, 21 January, 8am-3pm**  
Family Readiness Center, Bldg. 1526

For details, please call your Unit Service Coordinator (USC) or  
Nancy Montville at 526-4590. Free childcare available, with prior registraion.



## Teen & College Students

**Friday • 23 April • 10:30am to 2:30pm**

**Special Events Center, Bldg. 1829**  
Employment Readiness in partnership with  
private companies from Colorado Springs will  
be hosting a Job Fair for Teen & College  
Students. For details call 526-4590/0452.

## NEW Job Opportunities For Spouses

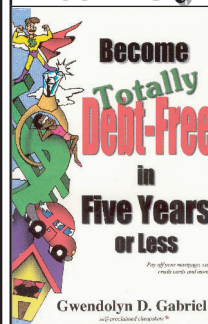
The Fort Carson Army Community Service (ACS) Employment Readiness Program and the Pikes Peak Work Force Center are now providing a new and innovative employment program for military spouses. This program has been designed to assist military spouses in securing employment due to a military transfer or reduction in forces. This initiative may provide free transportation, vocational/community and college education assistance, as well as job interview attire (when needed). Interested military spouses must meet the following eligibility requirements: must have been employed at their last assignment, resigned from last position due to a PCS or must now be unemployed due to the military member's transfer.

Many spouses have given up educational and career opportunities to follow their husband or wife to their next assignment. If you have become frustrated with starting entry-level positions over and over, stop by the ACS Employment Readiness Program and ask about the Pikes Peak Workforce Partnership Program.

Our Employment Readiness Program has established relationships with a multitude of job resource entities (such as; local and national companies, state jobs and federal jobs). Contact our Employment Readiness Program at 526-4590 for further details. Also check out our new web page at [www.carson.army.mil](http://www.carson.army.mil) click on "ACS."

ACS Financial Readiness Program offers a monthly Money Trouble Solutions workshop

## "Become Totally Debt Free in 5 yrs or Less!"



**Thursday,  
8 January,  
6 to 7:30pm**

-All participants  
recieve a free book  
for attending,  
while supplies last.-

Take charge of your  
finances instead of  
relying on someone  
else to do it for you.

Gwendolyn D. Gabriel  
self-employed consultant

## "Retirement Catch-up"

**Thursday, 12 February, 6 to 7:30pm**

**"TICO Scores, not  
just another 4 letter word:  
know what your credit score  
is and how it affects you."**

**Thursday, 11 March, 6 to 7:30pm**

CLASSES ARE HELD AT THE FAMILY READINESS  
CENTER, BLDG. 1526. FOR INFORMATION,  
CALL 526-4590. LIMITED CHILDCARE AVAILABLE.  
-PRIOR REGISTRATION REQUIRED-

**A Couple's Journey:** Monthly workshop that helps revitalize your relationship through discussing commitment, love, friendship, communication and gender differences. For details, contact the Family Advocacy Program at 526-4590.

**Army Family Team Building (AFTB):** AFTB provides spouses with the information and knowledge to understand the Army. It offers three levels. Level I consists of military time, acronyms, military & family expectations, chain of command, customs & courtesies and supporting your child's education. Levels 2 & 3 focus more on the continuation of personal and professional development. Contact 526-4590 for dates & times.

**Army Family Team Building (AFTB) Instructor Training:** Prepares and equips volunteers to be Army Family Team Building instructors. Topics covered include: presentation skills, public speaking, group dynamics, the adult learning process using instructional aides & lesson plans. Contact 526-4590 for dates & times.

**Boot Camp for New Dads:** Discussion group that covers becoming a dad, caring for baby and caring for mom. It is held on the 1st three Wednesdays of the month from 11:45 am to 12:45 pm at the Family University, Bldg. 1161.

**Breast Feeding Support Group:** This group is for all expecting moms and nursing moms of infants and/or toddlers. Receive information and meet with other moms and moms-to-be who are interested in breast feeding. Every 2nd & 4th Thursday of the month, 1:30-3pm.

**Carson Cares: New to Fort Carson?** Join us for a spouse orientation, it covers the resources and services available here at Fort Carson & the surrounding areas and it's also a great way to meet new people. Orientations are held from 8:30 to Noon am at the Family Connection, Bldg. 1354. For details, call 526-1070.

**Check Book Management:** Learn how to properly balance your checkbook, write checks and reconcile your bank statement. 1st Tuesday of the Month, 9 am-Noon.

**Cooperative Parenting & Divorce:** This program is designed to positively influence the process of divorce for both yourself & your child. Topics discussed include: redefining your relationship with your former spouse, creating a positive parenting partnership on behalf of child/ren, managing your anger, taking control of conflict, negotiating child-friendly agreements and much more. Classes meet the 1st four Wednesdays of the month, 1-2:30 pm, and are held at the Family University, Bldg. 1161.

**Deployment Support Group:** If you feel lonely, anxious or fearful about this deployment and think that a great group of caring spouses, who share similar circumstances, might be helpful, then join us. Topics will be designed to help military spouses cope with a partner being deployed, and give support and encouragement to adult family members who are missing a loved one. For details, contact the Family Advocacy program at 526-4590.

**Destination Germany:** Do you or your spouse have PCS orders to Germany, but don't know what to expect? Register for our Destination Germany workshop! During this evening, ACS will be filled with the tastes and sounds of Germany. The workshop will include German food, music and culture. For details contact Relocation Readiness at 526-4590. 4th Thursday of the month, 6-8 pm.

**Destination Korea:** Do you or your spouse have PCS orders to Korea, but don't know what to expect? Register for our Destination Korea workshop! On this day, ACS will be filled with the tastes and sounds of Korea. The workshop will include Korean food, music, culture and tips on coping with family separations. For details, call 526-4590. 2nd Thursday of the month, 1-3 pm.

**English as a Second Language (ESL/Adult):** Army Community Service offers beginner through advanced English as a Second Language classes. Registration and testing required before initial class attendance. Free childcare available, prior registration required. Tuesdays and Thursdays, 9am to Noon.

**Family Readiness Group Training (FRG):** Wondering how to set up or run an FRG? Copies of 7th ID & Fort Carson Regulation 608-47, Family Readiness Groups on Fort Carson, are provided and discussed. This class will equip you with the tools and knowledge to run an effective FRG. Contact 526-4590 for dates & times.

**German Support Group:** Neu to Colorado Springs? Vermisst Du Freunden Deutsch zu sprechen? Join us every other Wednesday, 10 am to Noon at the Family Connection, Bldg. 1354. Deutsche Familienangehoerige mit Kinder willkommen. For details, call 526-1070.

**Infant Massage:** Learn various massage techniques that can increase the bond between parent & baby. Topics include: systematic strokes to alleviate colic, creating strong bonds, increasing the communication between baby & parent and much more. Classes are held at the Family University, Bldg. 1161. Date & time subject to change. 1st four Tuesdays of every other month (Jan, Mar), 10-11:30 am.

**Korean Support Group:** New to Colorado Springs? Spouse Deployed? Do you miss speaking Korean with your friends? Join us on the 4th Thursday of the month, 10 to 11 am at the Family Connection, Bldg. 1354. For details, call 526-1070.

**Mini Prevention & Relationship Enhancement Program (PREP):** Two-day workshop that teaches couples how to communicate more effectively, solve problems and enhance the quality of their relationships. Offered by the Family Advocacy Program in conjunction with the Chaplains' Couple's Retreats. Workshop is held at the Family University, Bldg. 1161.

**Money Trouble Solutions:** Take charge of your finances instead of relying on someone else to do it for you. This is a support group for those experiencing financial difficulties along with seeking to improve their financial status. Topics vary month to month. 2nd Thursday of the month, 6-7:30 pm.

**Nurturing Baby:** This program is for parents with infants that are 18 months or younger. Some of the covered topics are: Is my child developing normally? When will he/she sleep through the night? When do I start him/her on solids? How long do I breast feed? This ongoing class meets every Tuesday, 11:30 am-1 pm in the Family University, Bldg. 1161.

**Nurturing 0-5 and 5-12:** Teaches parents to be nurturing to their children as well as themselves. Topics include: communication with your child, how to build your child's self-esteem, behavior management techniques and much more. Registration for the upcoming sessions, 14 January to 31 March, will be held on 7 January from 10 am to 2 pm at the Family Readiness Center. For more information, contact the Soldier & Family Readiness Program at 526-4590.

**Playgroup:** Parents, bring the tots and join us for an informative, fun-filled get-together. Join us every Friday from 10 am to noon at the Family University, Bldg. 1161.

**Rear Detachment Training:** Designed to help prepare rear detachment personnel to meet the challenges that may arise during deployments. Topics addressed include, Family Readiness Groups, problem solving resources and community resources.

**Reunion Briefing:** Contact Jill and Nate Nugin at 526-4590.

**Spanish Speaking Support Group:** Algo nuevo en ACS Fort Carson para las esposas Latina. Si extranas hablar Espanol este es el club Latino de ACS Fort Carson. Join us on the 2nd Wednesday of the month, 10 to noon at the Family Connection, Bldg. 1354. For details, call 526-1070.

**\*\*Limited childcare available - prior registration required. Call 526-4590 for details about any of the above classes.\*\***



## ACS Marketing & Advertising

DROP US A LINE... Forward your comments or ACS newsletter suggestions to

**ACSMarketing@carson.army.mil**